

PAT DAVIS

QUALIFICATIONS

- Bachelors Degree in Exercise Science



BIO

I began my journey with exercise at a very young age, when I played up to 6 different organised sports. I've always had a strong passion for all things health and fitness, and knew I wanted to work in the industry when I first studied exercise physiology in high school.

Since then, I have completed my Bachelors Degree in Exercise Science, specialising in rehabilitation, injury management and strength and conditioning. Alongside strength and rehabilitation work, I have trained a wide range of clients from those that are pre and post-natal to those of older age. I have had experience rehabilitating all kinds of injuries and ailments, from broken bones and bad posture, to joint dysplasia.

I have a keen interest in sports specific training, having worked within South Melbourne F.C as part of their strength and conditioning team. I'm always out for the next challenge to take on, and constantly looking for new ways and opportunities to develop my professional knowledge and application to help others.

Top nutrition tip?

Do your best to cook healthy at home.

Top workout tip?

Give yourself enough rest.

What's your next fitness goal?

Gain 5kg of lean mass.